

Washington WIC 2002 Annual Report

Executive Summary

WIC serves 265,000 women and children each year.

WIC provides nutritious foods, nutrition education and access to health services to more than 265,000 women, infants and children who are nutritionally or medically at risk each year.

WIC contributes more than \$90 million in grocery store sales.

WIC contributes more than \$90 million in grocery store sales each year to local economies in Washington State. WIC checks paid for more than 6 million gallons of milk, 2.4 million pounds of domestic cheese, and 2.8 million boxes of high-iron, low-sugar cereal at 752 grocery stores last year.

WIC reduces the rate of very low-weight births by half.

WIC participation by pregnant women reduces the rate of very low birthweight babies by about half. Neonatal intensive care for these babies costs \$150,000 for an average stay. The cost of serving a pregnant woman on WIC is less than \$400.

WIC serves 48.2% of the infants born in Washington State.

In seven of Washington's rural counties, more than 70% of infants born are served by WIC.

WIC breastfeeding rates rose to 82% in 2001.

Breastfed children have fewer infections and are less likely to develop chronic conditions such as obesity and diabetes. Breastfeeding support and education are key components of the WIC program.

Washington WIC Program

Our mission is to improve the lifelong health and nutrition of women, infants and young children in Washington State.